



NFHCS Activities

Winter—January, February, March 2024

For an easy understanding of our sign-up process, go to our
FAQ page—www.nfhcs.org/bookingfaq
sign up at nfhcs.org

Art classes are \$10 each, C-ART classes at the YMCA are free, pricing varies for other activities
All activities require you to sign up through our website at nfhcs.org



Studio Forget-Me-Not!

329 E. Main Street, Carnegie, PA—Studio classes, enter at the 323 door.

STUDIO CLASSES—We are now implementing quarterly registrations.

All classes have a participant limit. We encourage you to sign up quickly to assure your spot in class.

MONDAY

- **AM—10am to 12pm—Textiles and Sewing - w/Laura—** In this class , artists will learn many textile applications such as basic weaving, paint, print and simple sewing techniques. We will also have fun with a variety of cloth upcycle applications.
- **PM—1pm to 3pm—w/Kirsten E—Collage Art—**Artists will explore collage techniques to depict scenes from real and imaginary worlds

TUESDAY- NO CLASSES

WEDNESDAY

- **AM—10am to 12pm - We Love Art! w/Laura—**Join us each week to create art out of a variety of materials: papers, paint, clay and everything in between. We will make projects that include collage, simple sewing, ceramics, jewelry making, and more.
- **PM—3pm to 5pm—Open Studio w/Laura—**Learn independent and respectful navigation of our beautiful studio. Gather your supplies, create art, and put supplies back when done. A teacher will be on duty for any questions regarding your work and art room independence goals. This is a chance for you to create in a loose creative environment while socializing with friends. *Love, our new pottery teacher will be part of this open studio to guide all wheel throwing/pottery projects.*

***Please note the museum dates below and make appropriate arrangements for select Wednesday afternoons.**

THURSDAY

AM—Thursday—Hand-building Ceramics - w/Kristin C.— 10am to 12 noon - Try your hand at hand-building ceramic pieces to show, sell, keep, or gift! Everything about this class is fun! You can even try your hand at pottery during certain classes.

FRIDAY

- **AM—Friday— Drawing and Painting— 10am to 12noon—:** Artists will explore drawing the world around them and also explore experimental painting techniques
- **PM—Friday—Sculpture w/Kirsten E—3pm to 5pm—** Artists will explore making and building in three dimensions, using recycled objects, cardboard, paper clay and other materials.



***Wednesday Afternoon Museum visits (monthly)** This will take the place one Wednesday afternoon of each month in the place of the afternoon open studio class.

—Four people can get in to most museums for \$1 with an Access card. Staff can usually get in for free with an employee ID.

Participants who wish to ride in our passenger van must sign up a week ahead of time as we only have room for 8 people. Anyone who wishes to meet us at museum sites, are welcome to do so. Please text Laura upon your arrival so we can all meet. 724-674-885. Please meet at the Art Studio in Carnegie at 1:15 pm if you wish to join us on the van.

⇒ **Wednesday, February 21, The Children’s Museum—**The Children’s Museum is not just for children! Visit with us to check out the many fun and exploratory exhibits of the Pittsburgh Children’s Museum!

⇒ **Wednesday, March 20th, The John Heinz History Center—**Join us for a historical view of Pittsburgh and beyond at the John Heinz History Center. Admission is \$1 with an Access card. Staff is free with an employee ID.

SCHEDULE IS SUBJECT TO CHANGE

Over

Fridays at the YMCA

Located at the Baierl Family YMCA at 2565 Nicholson Rd, Sewickley, PA 15143—Fridays at the YMCA are donation based or free but you must sign up through our website!

Special thanks to AE&E and NFHCS for supporting this project.

- **C-ART at the YMCA—Friday ART with Kristin—1:00pm to 3:00 pm**—to build your art skills, learn some creative concepts, art elements, and a bit of art history. Plus you will learn to create fun expressive art to enjoy!
- **Zumba at the YMCA—3:00 to 4:00pm**—Dance, sweat, and have fun while you burn calories with us! Zumba is a wonderful way to kick off the weekend!



Don't Forget Ur Fabulous

fitness and wellness

Get Healthy with DON'T FORGET Ur FABULOUS! - athletics, dance, yoga, and more.

Monthly Membership—\$35 per month (includes zoom and in-person exercise and coaching). Not sure about a membership commitment, consider doing some of our classes individually. For a small fee you can try out any of our Zoom activities.

DFUrF Weekly Class Schedule:

NEW—Quarterly DFUrF Coaching Dinner

Tuesday, Jan 2nd at 4pm

At the Applebee's located at Towne Centre, 1601 South Braddock Avenue Edgewood, Pittsburgh, PA 15218

DFUrF Group Coaching

- Tuesday at 4pm, via zoom

DFUrF Eruption Athletics

- Tuesday at 7pm, via zoom
- Wednesday at 7pm, via zoom (dance)
- Thursday at 7pm, via zoom

DFUrF with Zumba

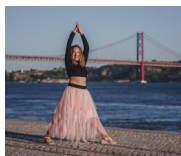
***Friday at 3:00pm, live at Baierl YMCA—Free but also included with the membership for those who wish to attend.**

Work it Out! Freestyle Dance with DJ Simms

- Wednesday at 7pm, via zoom

Fabulous Yoga with Brytta

- Sunday at 10am, via zoom



Penn's Game—\$60

Tuesday, March 26—Join us at the Hockey game as we will be invited to the ice and meet some players before the game. Plus, a few lucky participants will be selected from a hat to ride the Friendzonia during the intermission. The game starts at 7pm but we will all meet at the Maria Lemieux stature at 5:30 prior to the game.

Shane's Happy Breakfast Club!

Join us for breakfast, socialization, and coffee. We always have fun and we enjoy meeting new people. Shane loves to tell jokes but if you have a special story, joke, or game that you wish to share, please share with us! We meet at Panera Bread located at McCandless Crossing—8800 Covenant Ave. Pittsburgh, PA 15237

Tuesday, January 16, 9am

Tuesday, February 13, 9am

March—TBA

Radio Interview

Sunday, January 14th at 7am—Get up early and listen to our interview—Studio

Forget-Me-Not was visited recently by Jonny Hartwell, Morning Drive Host and Public Affairs Director on 94.5/3WS. We will be featured on Pittsburgh Sunday Morning on all iHeart radio stations. These include WWSW, WDVE, WKST, WXDX, WPGB, and WBBG. We are very excited to share all that NF has to offer with the greater Pittsburgh area!

A special thanks for Not Forgotten Home and Community Services, Edith L Trees Charitable Trust, AE&E and now iHeart radio!

Monday Maniacs—(NF's own bowling League)

Monday at 6:30—Located at AMF, Mt. Lebanon -1601 Washington Road, Pgh, Pa. 15228

Please sign up through the website but pay at the entrance.

The cost is \$11.35 for 3 games and includes shoe rental!

A pool table is also available. This is a fun social event!

Ooh La La Boutique

Be sure to check out Ooh La La Boutique at 218 E. Main Street in Carnegie during the month of March. Our artists will be featured in the shop window as we cross promote our way around town! Plus, anyone who works for us gets a discount in their shop! They often send people away so we are grateful! This is our way to return the love and lucky vibes of St. Patrick's Day!

Kiki Dee— Therapy dog visit

If you attend the art class at Studio Forget-Me-Not on 1/25/24, you will be visited by Kiki Dee and her handler, Heidi! 10am to 12noon.

Karaoke—\$10—6pm to 8pm

Karaoke is back and will be the 2nd Thursday of each month. We will also have birthday celebrations for any birthday of the month. This event will include drinks, snacks and cake. Participants who have a birthday during the select month will not have to pay but ALL will need to sign up! This will be located at our office location at 230 E Main St. Carnegie, PA 15106

January 11th, February 8, March 14

Sign up to receive our email newsletter to get activity updates at nfhcs.org

Check out these winter possibilities:

Walk the Malls—We know its cold outside but you can still walk the malls without the worry of slipping on ice! Take advantage of the malls and wear a step tracker. You'll be surprised at how fast those steps add up with a few laps around the mall.

Brother Andre's Café—Stop by this downtown cafe to smell the smells, socialize, and play games. You can warm up by sipping coffee or tea all while supporting your friends. Located at 164 Washington Place Pittsburgh, PA 15219 - M-F: 7:30am-3:30pm

Visit Cookie Cookie

Cookie Cookie Ice Cream is dedicated to providing the community with satisfyingly sweet treats while creating fulfilling, meaningful work to teens and adults with disabilities. 1815 McKees Rocks Road, McKees Rocks, Pennsylvania 15136, United States M-F 7am to 9pm, Sat -9am – 10pm, Sun -11am – 9pm

Museum Visits—Pittsburgh has some wonderful museums that are meant to be explored and with an Access card you can get four people admitted for \$1 each. Be sure to take advantage of these perks.

Cold Day? Opt for a Movie—Many of our local movie theaters will discount tickets to caregivers who take people with disabilities to the movies. Contact your local theater to see what options are available to you!

Check out Pittsburgh during a deep freeze. While it may not sound appealing to venture out on a cold day, our skyline looks especially beautiful during a deep freeze. This winter treat only occurs every few years after a sustained period of extreme cold (often 10° F or lower for multiple days on end) but when it does it is well worth bundling up and heading out to see! We recommend heading out to the West End Overlook or the Duquesne Incline on Mount Washington to view the rivers.

Share your talents!

We are so lucky that at NFHCS we have many talented employees. If you wish to share a talent by organizing an activity or if you are interested in submitting creative ideas for our newsletter please reach out—
lstuart@nfhcs.org

Special thanks to our sponsors.

EDITH L. TREES
CHARITABLE TRUST

AE&E
Arts, Equity, & Education Fund

To sign up for activities, please go to our website at nfhcs.org.

- **IMPORTANT—PLEASE SIGN UP FOR ALL ACTIVITIES AT LEAST 24 HOURS IN ADVANCE!**
- **If an activity falls on a Monday, please sign up by the Friday prior!**
- **This schedule is subject to change. Activities may be cancelled due to lack of attendance or inclement weather, please be sure to sign up so that we can notify you of such changes.**

